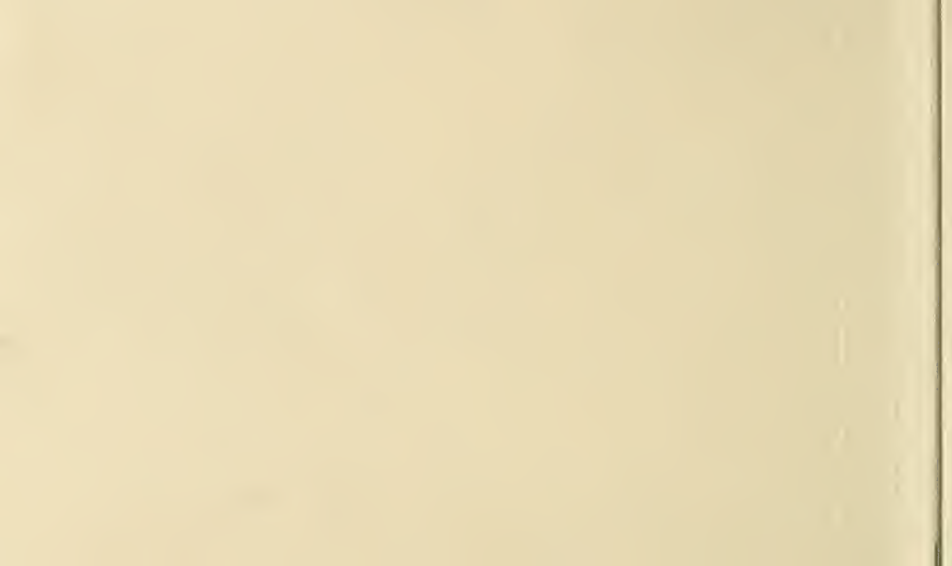


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CONSUMER TIPS Point Buying No. 1: Wise Use of Points.

1. Plan menus for nutrition. (See Tip No. one in SEVEN TIPS FOR CAREFUL BUYING AND USE OF POINT RATIONED PROCESSED FOODS, and 3 MARKET LISTS FOR LOW COST MEALS, Bureau of Human Nutrition and Home Economics.)
2. Buy unrationed foods first: fresh foods cost less.
3. Buy week's supply at one time; early in day, and before Thursday; plan two alternate shopping lists, to save time in grocery for quick second choices.
4. Shop with all household ration books: spend high (8,5) points first to pay total bill; use low points to make exact change; no stamps given back.
5. Save low point stamps for end-of-month sales, and low point cans: don't go "point broke".
6. Save points, buy most cans in last three weeks; fewer cans in first two weeks.

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7. Shop for lower prices: best buys in low point foods are dried peas, beans, lentils; buy fresh in season; buy grade C; buy in larger containers.
8. Save points:
- (a) Preserve more fresh fruits and vegetables.
 - (b) Mix cereals with canned food.
 - (c) Alternate dried peas, beans, lentils, and other dried vegetables.
 - (d) Home-cooked soups, home-stewed fruits.
 - (e) Grow own food in Victory Garden.
 - (f) Use low point foods.
 - (g) Buy by net weight on label, not size of can.

Consumers' Counsel Division, Food Distribution
Administration, U.S. Department of Agriculture,
Washington, D. C.

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